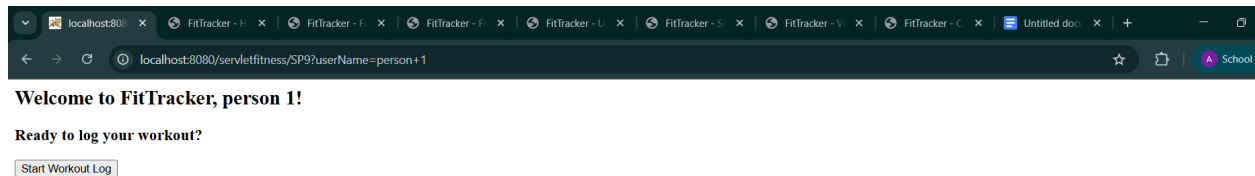
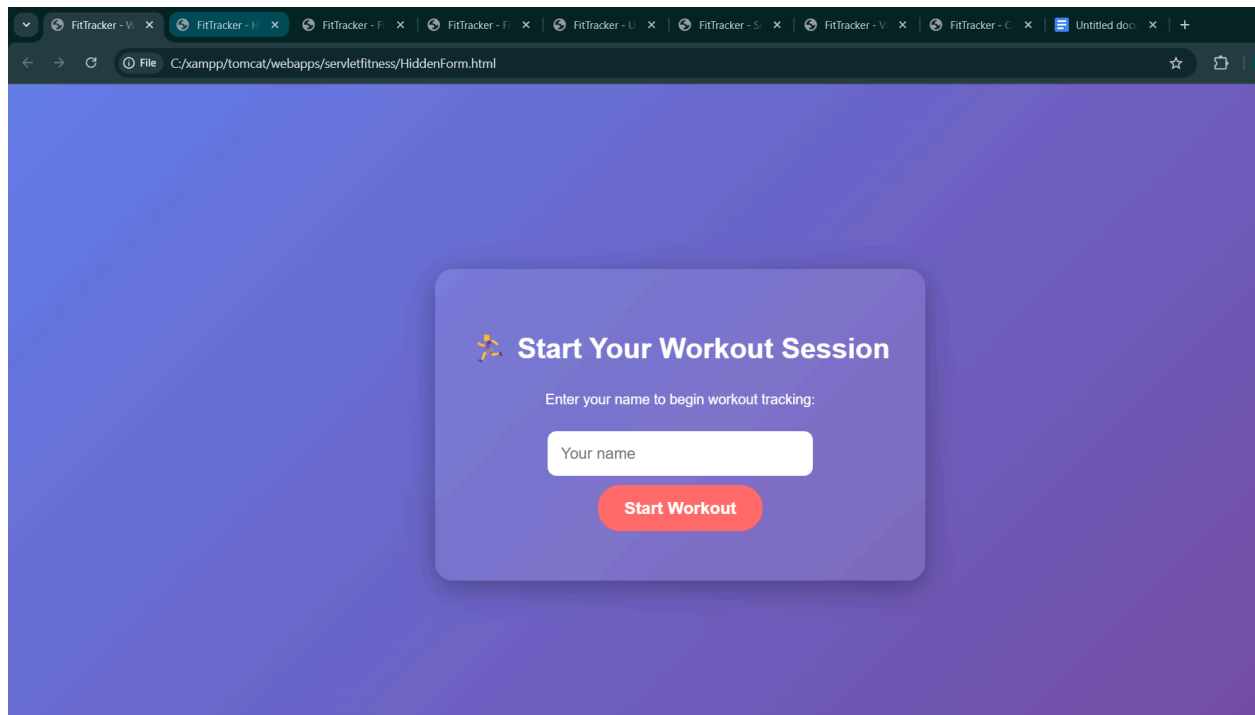
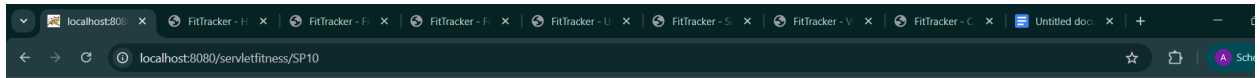


Ex7cHiddenforms



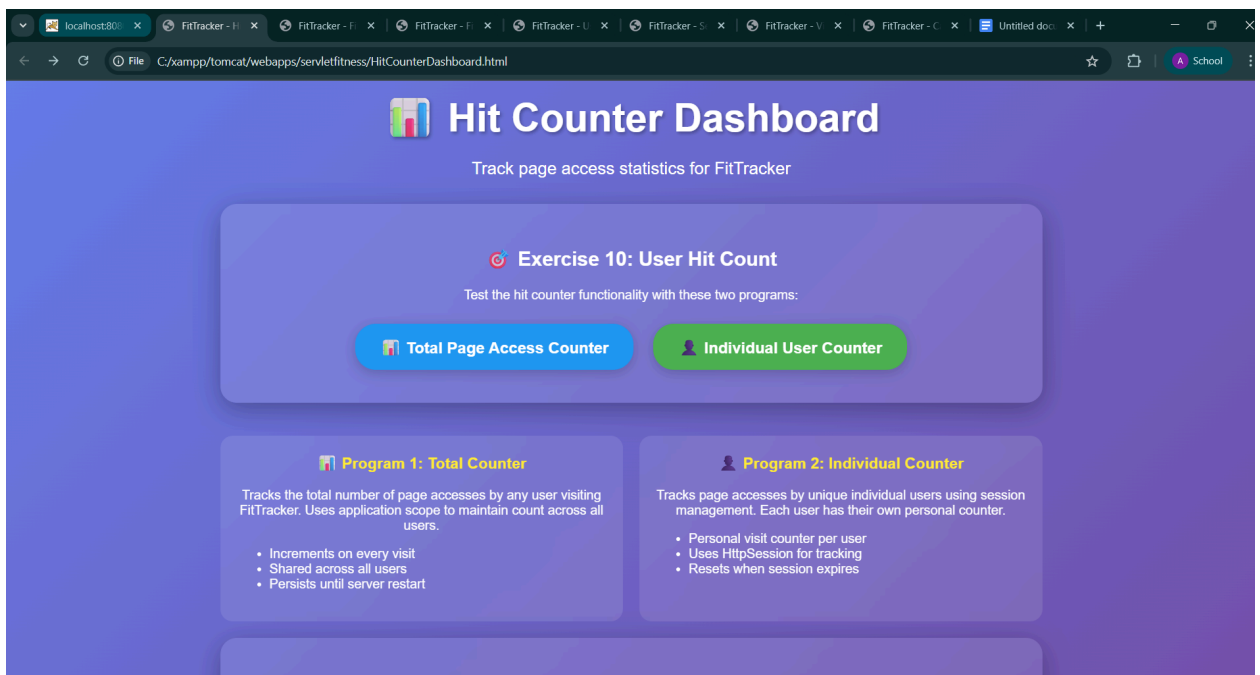


FitTracker - Workout Log

Hello person 1, let's track your fitness progress!

Your workout session has been logged successfully.

Ex8



localhost:8080

FitTracker - T

FitTracker - F

FitTracker - F

FitTracker - U

FitTracker - S

FitTracker - V

FitTracker - C

Untitled doc

localhost:8080/servletfitness/HitCounterTotal

FitTracker - Total Page Access Counter

? Global Statistics

Total Page Visits

1

This counter tracks all visits to FitTracker by any user

Last Updated: Wed Oct 22 00:12:26 IST 2025

? Back to Home

? Individual Counter

localhost:8080

FitTracker - In

FitTracker - F

FitTracker - F

FitTracker - U

FitTracker - S

FitTracker - V

FitTracker - C

Untitled doc

localhost:8080/servletfitness/HitCounterIndividual

FitTracker - Individual User Hit Counter

? Your Personal Statistics

Your Personal Visits

2

This counter tracks your individual visits to FitTracker

Total Unique Users

1

Total number of unique users who have visited

Session ID: 2451E2694C73DF22D370250C84EC7DD7

Last Updated: Wed Oct 22 00:12:49 IST 2025

? Back to Home

? Total Counter

? Refresh

EX6



Welcome to FitTracker - Your Personal Fitness & Calorie Tracking App!

[Go Back to Home](#)

EX7B HTTPSESSION

localhost80 x FitTracker - F x FitTracker - F x FitTracker - F x FitTracker - U x FitTracker - S x FitTracker - V x FitTracker - C x Untitled doc x

File C:/xampp/tomcat/webapps/servletfitness/Sessionlogin.html

Create Your FitTracker Account

Username:

person1

Password:

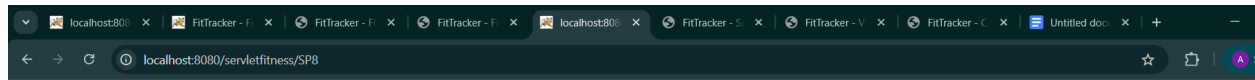
...

Create Account

localhost80 x FitTracker - F x FitTracker - F x FitTracker - F x localhost80 x FitTracker - S x FitTracker - V x FitTracker - C x Untitled doc x

localhost:8080/servletfitness/SP7?userName=person1&userPassword=abc

Welcome to FitTracker, person1!
Your account has been created successfully.
[View Your Fitness Profile](#)

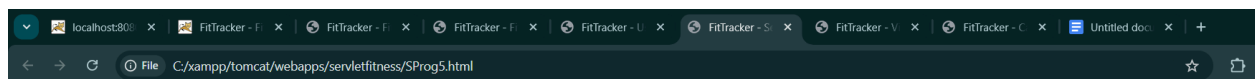


FitTracker - Your Fitness Profile

Username: person1
Account Status: Active

Ready to start tracking your fitness journey!

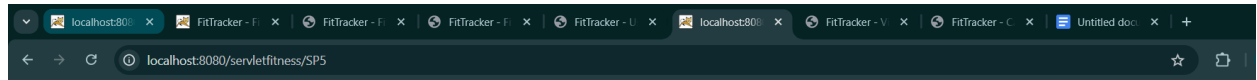
EX7a Cookies



Set Your Fitness Level

Enter your fitness level (Beginner, Intermediate, Advanced):

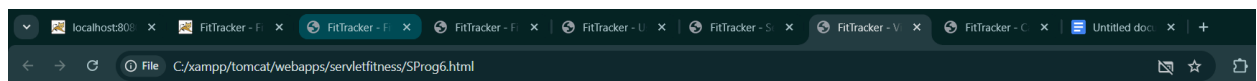
Save Fitness Level



FitTracker - Your fitness level has been saved:

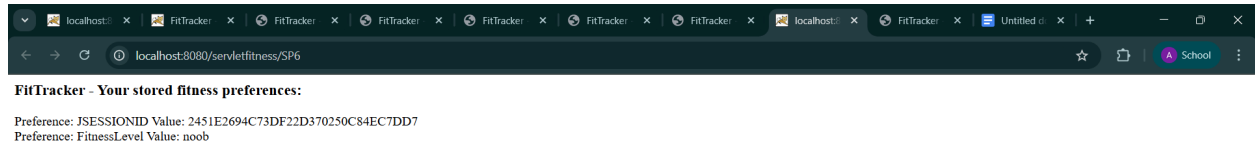
noob

Your fitness preferences have been stored successfully!

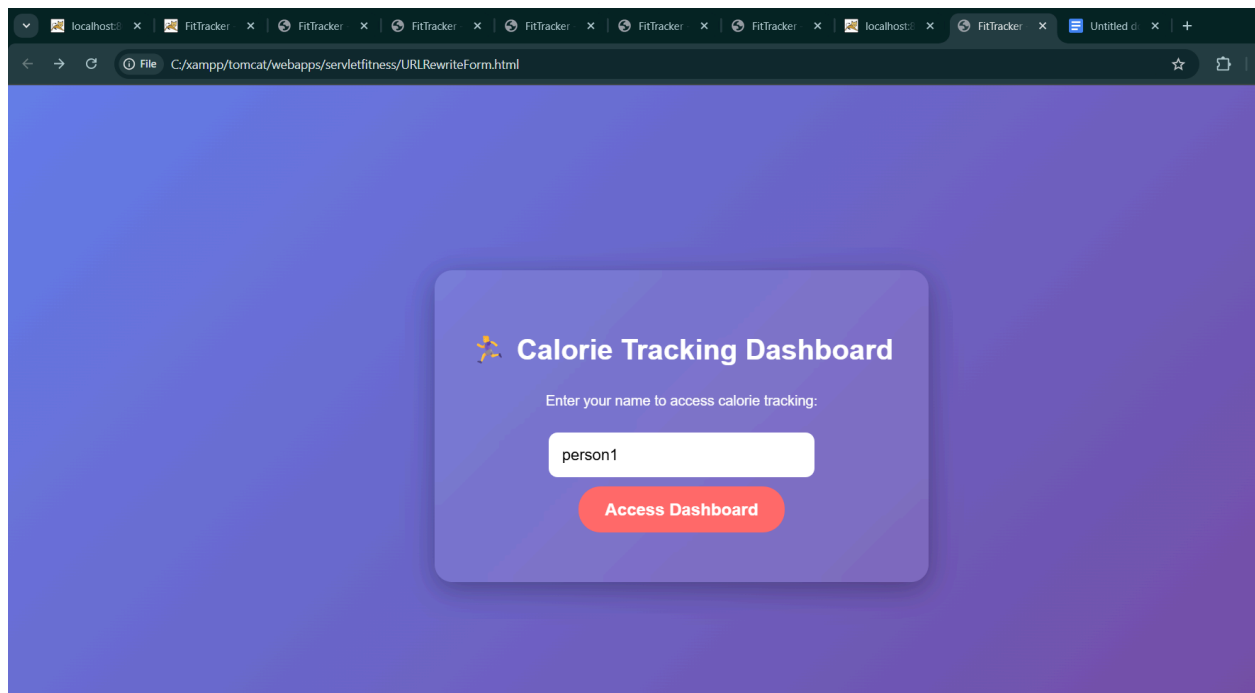


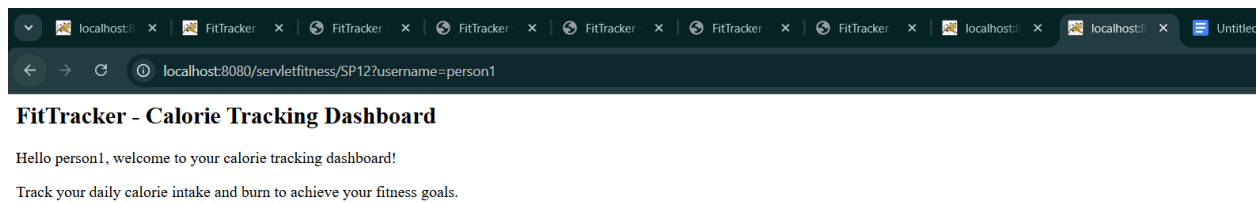
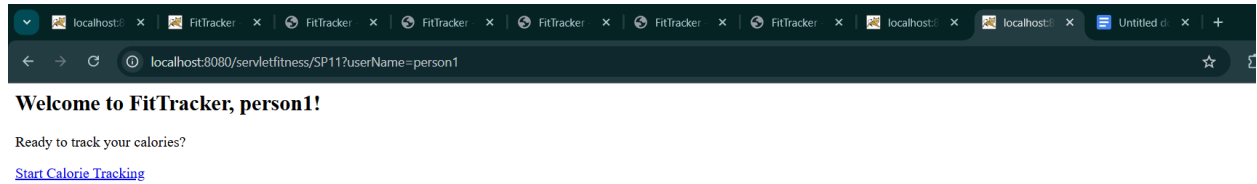
FitTracker

Loading your fitness preferences...

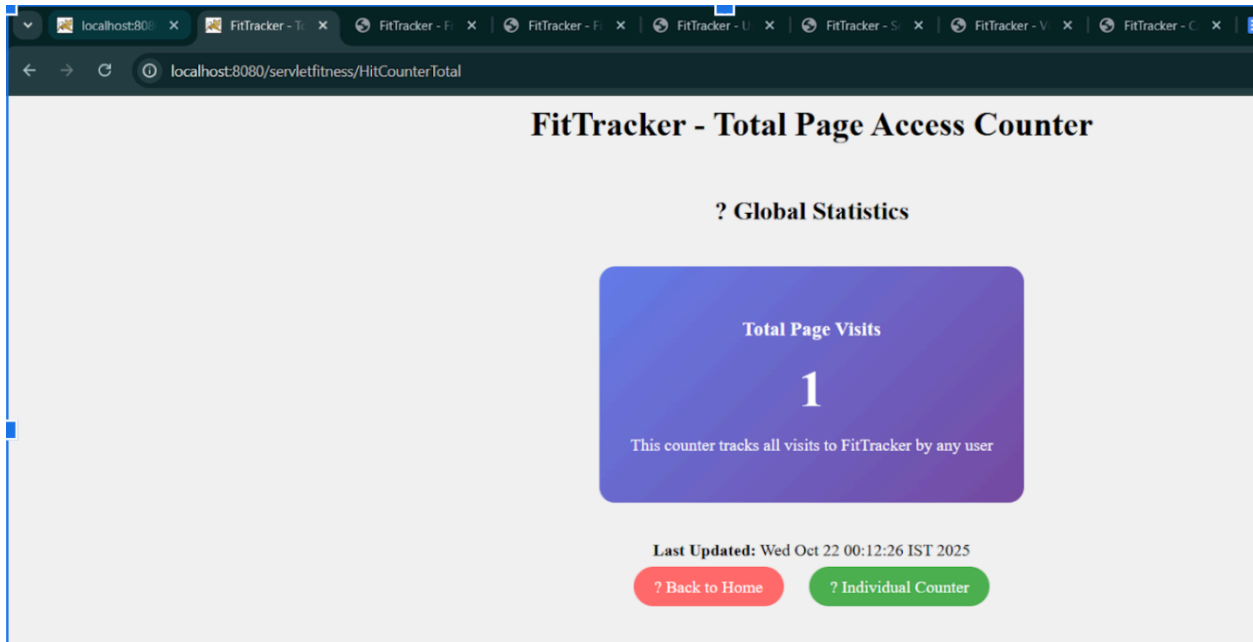


EX7dURLREWRITE

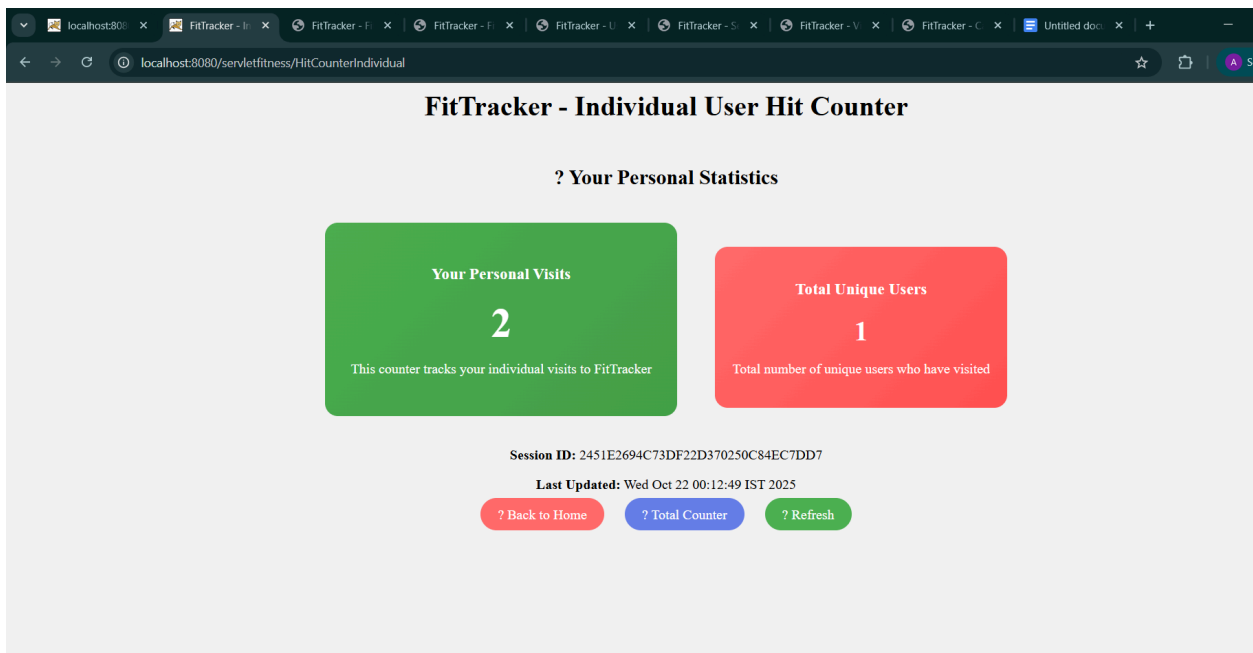




Ex8:
Totalview:

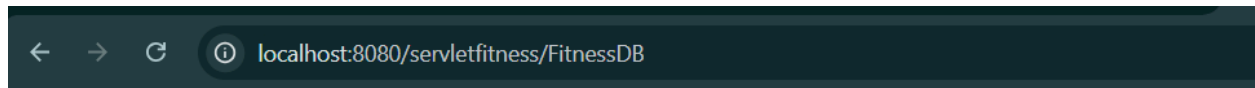
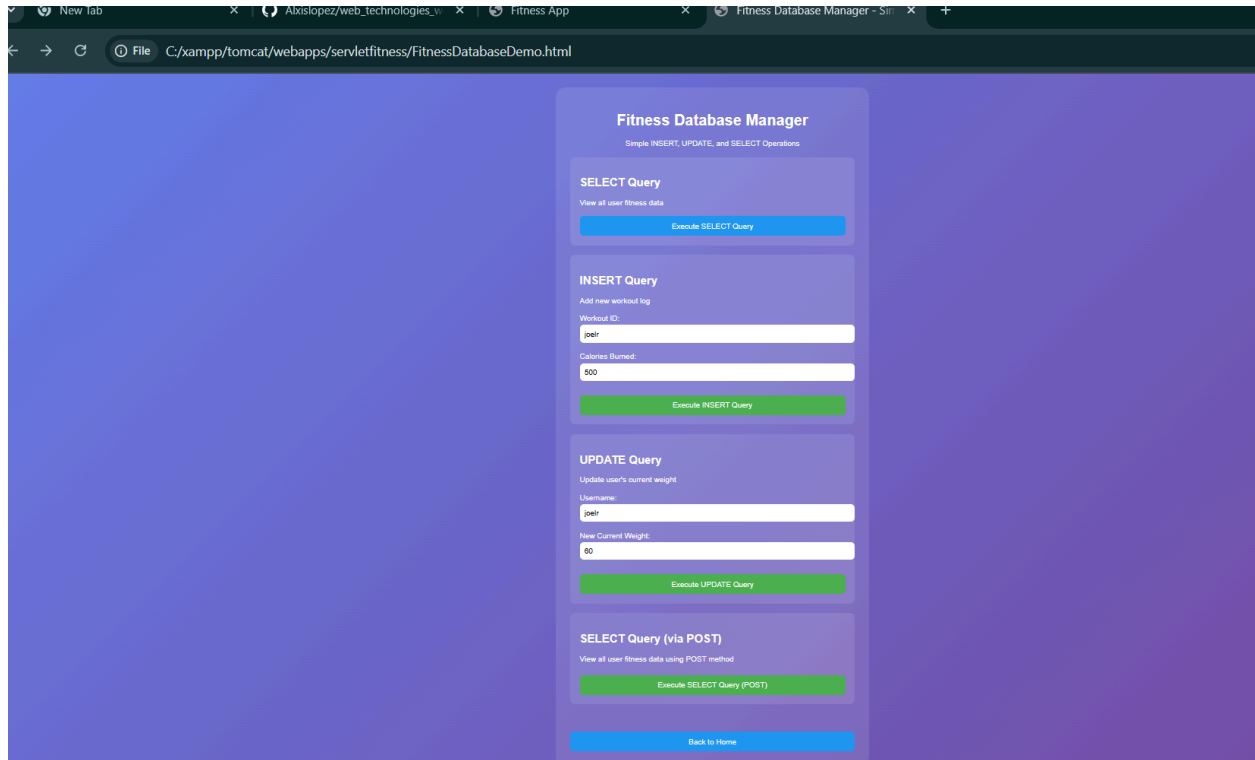


Ex8:Individual count:



Ex9:

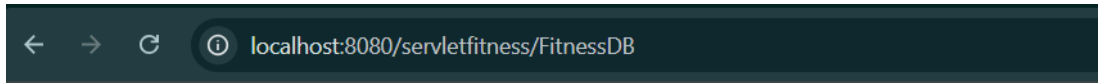
Output:



SELECT Query Results - All User Fitness Data

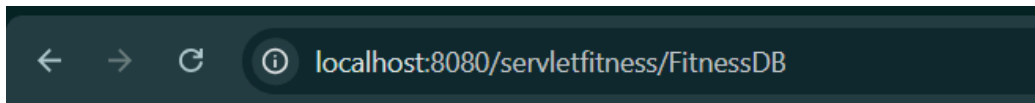
- 1 - Alexis - Weight Loss - 78.5 kg - 65.0 kg
- 2 - Ravi - Muscle Gain - 60.0 kg - 70.0 kg
- 3 - Priya - Endurance - 55.2 kg - 55.2 kg
- 4 - John - Weight Loss - 90.0 kg - 75.0 kg
- 5 - Sana - Flexibility - 58.0 kg - 58.0 kg

[Back to Home](#)



Done: update

[Back to Home](#)



Done: insert

[Back to Home](#)

Ex10:Output:



Fitness Programs (Accessed via HTML + JavaScript)

Program	Trainer	Duration	Level	Focus	Price
Morning Cardio	Alex Smith	45 minutes	Beginner	Fat Burn	₹500/month
Strength Training	Riya Patel	60 minutes	Intermediate	Muscle Gain	₹750/month



Fitness Programs (Accessed via PHP)

Program	Trainer	Duration	Level	Focus	Price
Morning Cardio	Alex Smith	45 minutes	Beginner	Fat Burn	₹500/month
Strength Training	Riya Patel	60 minutes	Intermediate	Muscle Gain	₹750/month
Yoga & Meditation	Priya Das	40 minutes	All Levels	Flexibility & Mindfulness	₹400/month

→ ↻ ⓘ localhost/fitness/fitness.xml ☆ 📁 🌐

Fitness Program Details

Program Name	Trainer	Duration	Level	Focus	Price
Morning Cardio	Alex Smith	45 minutes	Beginner	Fat Burn	₹500/month
Strength Training	Riya Patel	60 minutes	Intermediate	Muscle Gain	₹750/month
Yoga & Meditation	Priya Das	40 minutes	All Levels	Flexibility & Mindfulness	₹400/month